



ABSTRACT OF THE DISCLOSURE

A method and apparatus for treating skin includes applying pulsed light to the skin to heat and shrinking collagen within the skin, thereby reviving the elasticity of the collagen and of the skin. The epidermis and outer layers of the skin may be protected by cooling with a transparent substance, such as ice or gel, to the skin. The temperature distribution within the skin is controlled by controlling the delay between the time the coolant is applied, and the time the light is applied, by controlling the pulse duration and applying multiple pulses, and by filtering the light and controlling the radiation spectrum, preferably, the spectrum includes light having a wavelength in the range of 600-1200nm. The pulsed light may be incoherent, such as that produced by a flashlamp, or coherent, such as that produced by a Nd(Yag) laser or a ruby laser, and may be directed to the skin using a flexible or rigid light guide. 

 Also, a method and apparatus for cutaneous resurfacing including directing Er:YAG laser light to the skin. The light may be pulsed, preferably with a delay of about 0.5-10msec between pulses. In one embodiment the pulses have energy fluences of preferably about 100J/cm<sup>2</sup>.